

## REASON TO COME

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- > Learn how to teach this program.
- > Improve your Tai Chi.
- > Improve your health.
- > Learn how Tai Chi works for Fall Prevention.
- > Learn Dr Lam's teaching methods.
- > Learn how to teach Tai Chi safely.
- > Learn to work with the Arthritis Foundation and other organizations.
- > Network with the international family of Tai Chi for Health programs.

## WHAT IS TAI CHI

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Tai Chi originates from ancient China. Nowadays it is practiced throughout the world to improve health and wellbeing. Tai Chi consists of fluid, gentle movements that are relaxed and slow in tempo. Breathing is deepened and slowed, aiding visual and mental concentration. Tai Chi for Arthritis can be practiced almost anywhere and is a suitable form of exercise for just about anyone.

Several studies have shown this program to relieve pain and improve physical ability and wellbeing. Other studies have also shown tai chi to improve fitness, high blood pressure, muscular strength and flexibility. Tai Chi for Arthritis improves balance and reduces the risk of falling.

## TO BE CERTIFIED

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An application form and questionnaire will be sent to you when you register. It is a requirement that you study the instructional DVD and handbook "Tai Chi for Arthritis" prior to the commencement of the workshop. Dr Lam recommends you purchase and read his book "Overcoming Arthritis Book". All participants will receive a certificate, although only qualified participants who have fulfilled all requirements will be certified to teach this program.

Additional educational materials can be found at [taichiproductions.com](http://taichiproductions.com), and you will receive a discount code to help with cost on the last day of the workshop.

## ABOUT YOUR INSTRUCTOR

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**Meghan Bryant**, an instructor in 2006, a Master Trainer for the Tai Chi for Health Institute for Tai Chi for Arthritis, Beginners, and Diabetes all in 2013, and has also added Tai Chi for Rehabilitation. She has been promoting Tai Chi for Health programs to many venues around the state of VA, but mostly close to home in the Charlottesville and Louisa County Areas. She has been able to reach many through the Parks & Rec systems, churches, Piedmont Community College, Shenandoah Crossings, and the State Senate. She has presented at several conferences about tai chi and its health benefits and how it can play a role of increasing learning. As a Master Trainer, she encourages others to grow others throughout VA, NC, SC, NYC, DE and PA.

She is a member of the Tai Chi for Health Community(TCHC) and served on the scholarship committee for 6 yrs.

# Tai Chi for Arthritis for Fall Prevention

## Instructor Workshops



Designed by  
Dr. Paul Lam MD

Instructor:

Meghan Bryant

Kernersville, NC

**January 24 & 25, 2019**

## TAI CHI FOR ARTHRITIS

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Tai Chi for Arthritis is a program specially designed by Dr Paul Lam in conjunction with his Tai Chi associates and a team of medical experts. Based on the Sun Style Tai Chi, it is easy to learn, effective and safe. It improves flexibility, muscle strength and integrates the mind and body. Scientific studies have shown this program to significantly relieve pain and improve physical function.

### At the Conclusion of the Workshop

You will:

- > Learn how to teach the program.
- > Gain knowledge of Tai Chi and about arthritis.
- > Be able to perform the 12 movement Tai Chi for Arthritis set.
- > Learn what is tai chi and the features of the program and how it relates to Fall Prevention.
- > Learn how the program works for arthritis.

Both Tai Chi for Arthritis and Tai Chi for Arthritis for Fall Prevention certifications will be presented.

## WHO IS ELIGIBLE?

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Anyone with or without Tai Chi experience can participate in this workshop, however only qualified participants will be certified to teach.

### Suitable participants include:

- >Physical therapists or physiotherapists
- > Tai Chi teachers and advanced students
- > Nurses and rheumatology professionals.
- > Allied health professionals.
- > Exercise instructors
- > Other similar health professionals

CEU's available for PT, PTA, OT, COTA, through Kansas State Board and ACSM.

13.5 CEU's opportunity for both days

## REGISTRATION & ENQUIRES

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**Meghan Bryant** – questions on workshop  
Email: [meghancreations@gmail.com](mailto:meghancreations@gmail.com)

### VENUE

PTRC Area Agency on Aging  
1398 Carrollton Crossing Drive  
Kernersville, NC 27284

### SCHEDULE

9am - 5pm each day

### COST

New Participants: \$300  
Early bird: \$275 (postmarked by Dec 21)  
**New Registration Closes:** Jan 14

Includes: TCA DVD & handbook, Teaching Effectively book, am & pm teas

Recerts: \$150  
**Recert Registration Closes:** Jan 18

CEU's fee is \$20 (separate additional certificate)

### Registration online:

[https://taichiforhealthinstitute.org/workshops/workshop/?workshop\\_id=4849](https://taichiforhealthinstitute.org/workshops/workshop/?workshop_id=4849)

All Payments are sent to Meghan Bryant

### CLOTHING

Participants should wear loose comfortable clothes and flat shoes suitable for exercise. **(No flip flops or open back heels)**

## REGISTRATION

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**TCA & TCAFP** - Instructors Workshop  
Kernersville, NC / Jan 24&25, 2019

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zipcode: \_\_\_\_\_

Email: \_\_\_\_\_

Cell: \_\_\_\_\_

Work: \_\_\_\_\_

Course fees: \$ \_\_\_\_\_

Plus (optional):  
CEU's \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

## Method of Payment

Please send checks or money orders to:

Meghan Bryant #130  
265 Turkeysag Trail, Ste. 102  
Palmyra, VA 22963